

Citrus Salad

1 lime - zested, peeled, and sliced
1 mandarin orange (tangerine) - zested, peeled, and sectioned
1 navel orange, peeled and sectioned
1 grapefruit, peeled and sectioned
1 bulb shallots, diced
1 tablespoon lemon juice
1 tablespoon olive oil
1/2 teaspoon salt
1 head romaine lettuce, torn

Step 1: Zest lime rind. Peel lime. Slice lime.

Step 2: Peel tangerine, orange, and grapefruit and separate into sections.

Step 3: Place lime slices, tangerine sections, navel orange, and grapefruit in a bowl.

Step 4: In a separate bowl, mix the lime zest, mandarin orange zest, shallots, lemon juice, olive oil, and salt.

Step 5: Pour over the fruit. Arrange dressed fruit atop romaine lettuce to serve.



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OCONEE COUNTY EXTENSION

Fruit Salsa and Cinnamon Chips Snack

Fruit Salsa:

1 cup diced strawberries
1 banana, diced
1 kiwi, peeled and diced
1 apple, cored and diced
2 tablespoons lemon juice
1/4 cup sugar
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon

Step 1: Combine fruits in a medium mixing bowl and add lemon juice.

Step 2: Stir in sugar, nutmeg, and cinnamon. Mix well.

Step 3: Refrigerate until serving time.

Cinnamon Chips:

4 flour tortillas (6- to 8-inch size)
1/4 cup sugar
1 teaspoon cinnamon

Step 1: Preheat oven to 350 degrees F.

Step 2: Cut each tortilla into 8 strips.

Step 3: Spray baking sheet with cooking spray and place tortilla strips on baking sheet.

Step 4: Spray tortilla strips lightly with cooking spray or butter.

Step 5: Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.

Step 6: Bake 7 to 10 minutes or until lightly brown.

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Pasta Primavera with Italian Turkey Sausage

1 (16 ounce) package uncooked farfalle pasta
1 pound hot Italian turkey sausage, cut into 1/2 inch slices
1/2 cup olive oil, divided
4 cloves garlic, diced or pressed
1/2 onion, diced
2 small zucchini, chopped
2 small yellow squash, chopped
6 roma (plum) tomatoes, chopped
1 green bell pepper, chopped
20 leaves fresh basil (or 3 teaspoons dried basil)
2 teaspoons chicken bouillon granules
1/2 teaspoon red pepper flakes
1/2 cup grated Parmesan cheese

Step 1: Bring a large pot of lightly salted water to a boil. Place farfalle in pot and cook 8 to 10 minutes, until al dente; drain.

Step 2: Place sausage in a large skillet over medium heat and cook until evenly brown; set aside.

Step 3: Heat 1/4 cup oil in skillet. Stir in garlic and onion, and cook until tender.

Step 4: Mix in zucchini, squash, tomatoes, bell pepper and basil.

Step 5: Dissolve bouillon in the mixture. Season with red pepper. Stir in remaining oil.

Step 6: Continue cooking 10 minutes.

Step 7: Mix pasta, sausage and cheese into skillet. Continue cooking 5 minutes, or until heated through.

Zucchini Chocolate Chip Muffins

1 1/2 cups all-purpose flour
3/4 cup white sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 egg, lightly beaten
1/2 cup vegetable oil
1/4 cup milk
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 cup shredded zucchini
1/2 cup miniature semisweet chocolate chips
1/2 cup chopped walnuts (optional)

Step 1: Preheat oven to 350 degrees F (175 degrees C).

Step 2: Grease 12 muffin cups, or line with paper muffin liners.

Step 3: Combine flour, sugar, baking soda, cinnamon, and salt in a large bowl.

Step 4: Mix egg, oil, milk, lemon juice, and vanilla extract in a bowl; stir into dry ingredients until just moistened.

Step 5: Fold in zucchini, chocolate chips, and walnuts.

Step 6: Fill prepared muffin cups 2/3 full.

Step 7: Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.

Greek Zoodle Salad

2 zucchini
1/4 English cucumber, chopped
10 cherry tomatoes, halved, or more to taste
10 pitted kalamata olives, halved, or more to taste
1/4 cup thinly sliced red onion
2 ounces crumbled reduced-fat feta cheese
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1 teaspoon dried oregano
salt and ground black pepper to taste

Step 1: Cut zucchini into noodle-shaped strands using a spiralizing tool.

Step 2: Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.

Step 3: Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth.

Step 4: Pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.